

# Gymnastics Programs

## **Regular Gymnastics**

Students taking part in our regular gymnastics classes will train on all of the Olympic events. Gymnastics skill training is a good prerequisite to all sports and physical activities by helping to increase coordination, body strength, balance, flexibility and overall motor skill development. These classes are available for children 6-years-old and up.

## **Tumbling**

Tumbling classes train on our spring floor, Tumble Trak, 3 in-ground trampolines and are perfect for those are looking to improve skills for other activities such as dance or cheerleading. This is an intermediate to advanced level class and is not suitable for younger children or others at a beginning skill level.

## **Pre-School Gymnastics**

Pre-School classes are for 3-4 year olds and 4-6 year olds. Classes focus on motor skill development, balance, strength, self confidence and allowing the children to interact in a social environment with others their own age.

## **Private Lessons**

Private or semi-private lessons are perfect for the individual who wants some one-on-one attention or specific skill training. Private lessons are available with Kevin or other coaches by appointment only and are scheduled around classes and time available.

## **Kevin Lehman - Director**

Kevin has more than 50 years of experience as a gymnast, coach, judge, gym owner and gym manager. He started the Sports Club Gymnastics Program in the January 2012. Kevin holds a BS degree in Health and Phys Ed with a specialization in gymnastics from East Stroudsburg University graduating in 1976 and was part of the first ESU men's gymnastics team to compete at NCAA D-II College Nationals in 1975.

## **Jamie DePaola Assistant Director**

Jamie has done competitive gymnastics since she was a small child and was Level 4 and 6 Maryland State All-Around Champion (2001 & 2003); 2004 Level 8 Regional Vault Champ; Level 10 Gymnast of the Year 2007; University of Bridgeport Collegiate National Championship Team 2009; 4-time Regional Maryland Team Member. She has been with Sports Club Gymnastics since Spring 2018.

## **Class Coaches**

**Chris Connelly**  
Gulf Coast High School

**Barbara Almaguer**  
Naples, FL

# **SPORTS CLUB GYMNASTICS**



Gymnastics/Tumbling  
Classes for Boys and Girls  
Pre-School to Adult

## **Sports CLUB**

3275 Pine Ridge Road  
Naples, Florida 34109  
239-566-CLUB (2582)

**Kevin: 570-417-1121**

[klehman@sportsclubnaples.org](mailto:klehman@sportsclubnaples.org)

## Class Program

The Sports Club Gymnastics program offers one-hour classes that meet once a week and are conducted in five or six-week sessions. Classes are scheduled by age and ability.

### **6-Week Session**

**\$90 One class per week**

### **5-Week Session**

**\$75 One class per week**

Discount available for more than one child or class.

**Call Coach Kevin to enroll or for more information about available class days or times.**

**570-417-1121**

### Regular Gymnastics

#### **Monday - Thursday**

3:30 - Pre-School

4:30, 5:30 and 6:30 pm

#### **Friday**

3:30, 4:30 and 5:30 pm

### Tumbling Only

Tuesday 5:30-6:30

### Online Registration

[sportsclubnaples.org](http://sportsclubnaples.org)

Under GYMNASTICS

# 2021 Session Schedule

**Jan 4 - Feb 12**

**6-weeks**

**Feb 15 - March 19**

**5-weeks**

**March 22 - April 23**

**5-weeks**

**April 26 - May 28**

**5-weeks**

**May 31 - July 2**

**5-weeks**

**July 5 - Aug 13**

**6-weeks**

**Aug 16 - Sept 24**

**6-weeks**

**Sept 27 - Nov 5**

**6-weeks**

**Nov 8 - Dec 17**

**6-weeks**

**NO CLASSES Dec 20 - Jan 2, 2022**